Millicent Boag

The Ox is Slow but the earth is patient takes part in Western Australia, Melbourne, Arizona and several parts of Africa the book looks into the lives of ex AFL coach Mick Malthouse and Sports Science Director David Buttifant from the 1980’s to 2010. The book looks into their calm approach the AFL system. The book really doesn’t look into the dominant Collingwood team of the 2010 – present more into their thoughts, opinions of their careers of their playing and coaching careers.

Mick Malthouse tells his story from a young boy playing for the dominant Richmond team in 1980’s to the current time. He tells his stories and opinions and gives an insight into his life thus far. The book shows how cool, calm and collected he really is.

The book teaches us many things not only about sport but about life in general. It taught me how to motivate myself further, strategy, how easy we have life compared to others and what really is important in life – family and friends. The book also looks into the death of David’s son Nick and how he coped with his loss.

**Mick Malthouse was born – 17th of August 1953**

**David Buttifant was born – March 3rd 1964**

**Mick debuts for St. Kilda - 1972 – 1976**

**Mick gets traded to Richmond – 1976**

**Mick wins 1980 Premiership – 1980**

**Mick retires – 1983 (121 games for Richmond, 174 total)**

**David plays his last game for Richmond - 1987**

**Mick becomes Footscray’s coach – 1984**

**Mick leaves Footscray - 1989**

**Mick becomes West Coast coach 1990**

**Mick leaves West Coast – 1999**

**David plays a big part in the Sydney Olympics -2000**

**Mick becomes Collingwood coach 2000**

**David joins Mick as Sports Science director – 2000**

**Collingwood makes the 2002 and 2003 grand finals – 2003 -04**

**Nick Buttifant commits suicide - 2009**

**Collingwood wins the Premiership - 2010**

**Mick Leaves Collingwood – 2011**

**Mick enters his media career 2012 - present**

I think for many parts of the book there is unease and concern for example when Mick gets traded to Richmond or moves to Melbourne while for David when Nick passes away and when he retires from football but there would also be happy times like when they win the premiership together and when they have children. They don’t think about the past very much in the book they more just look more into the present and the future. The book is told in many different points of view. Obviously the view from Mick and but players, coaches, family and friends also give their view in small simple passages, while poets and philosophers also appear.

For me the most important relationship in the book is the one between Mick and his father. Their relationship was very close and they never seemed to have fights. Even though he was very sick a lot of Micks childhood and life they still keep a very close and loving relationship.

The book made me think about a lot of thinks it made me think a lot about poverty and how lucky I am to live in Australia. It also made me think about how to push myself further and how to become better at things.

I really enjoyed the book it taught me a lot about life, leadership and motivation. I really liked it because it taught me new things. When Nick died it was quite upsetting but apart from that it was quite a happy book.